



PartnerSHIP 4 Health

PartnerSHIP 4 Health Special Edition

Be a part of our 2019
Worksite Wellness Collaborative!

www.partnerSHIP4health.org



WORKSITE ▲ WELLNESS

Make your organization the employer of choice!

**PartnerSHIP 4 Health is now accepting
new participants in the upcoming
Worksite Wellness collaboration.**

Contact Karen Nitzkowski at

Past Participants

Arvig Enterprises, Perham
Bigwood Event Center, Country
Inn & Suites, Fergus Falls
Blue Sky, Inc., Detroit Lakes
City of Detroit Lakes
City of Dilworth
City of Fergus Falls

(701) 371-9644
or knitzkorski@gmail.com by
December 14th for more details.

What is the PS4H Worksite Wellness Collaborative?

- 10 businesses/organizations across the region meeting together to learn from experts about the best practices for wellness in the workplace.
- Learn practical steps that organizations can take to support the health of employees, which is one of the most important things an organization can do to manage costs and improve productivity
- Use proven resources and tools to assess, create an action plan, and evaluate progress
- Learn firsthand from other successful organizations that create long term sustainable change
- Training is offered at **NO COST**

Why participate in the collaboration?

Worksite Wellness can save money, increase productivity, and improve employee health.

Studies associate poor health with reduced employee performance, safety, and morale. The organizational costs of employees in poor health and those with behavioral risk factors include:

- Higher health care expenses (medical and pharmacy)
- Higher disability and workers' compensation expense
- Three in ten Americans entering the workforce will eventually become disabled before they retire
- Decreased productivity at work
- Increased absenteeism
- Increased employee turnover

"This was a great opportunity, so thank you! Hearing from other organization on what were their struggles and successes really helped me to evaluate

Clay County
ComDel Innovation, Wahpeton
Compassion Care, Fergus Falls
Concordia College
Creative Care for Reaching
Independence, Moorhead
Detroit Lakes Community and
Cultural Center
Detroit Lakes Newspapers
Ecumen, Detroit Lakes
Essentia 7-Day Clinic, Fargo,
Moorhead, Detroit Lakes
Essentia Health St. Mary's,
Detroit Lakes
Eventide Senior Living,
Moorhead
Family HealthCare, Fargo-
Moorhead
Fergus Falls Public Schools
Forum Communications Printing,
Detroit Lakes
Great Plains Food Bank
KLN Family Brands, Perham
Lake Region Healthcare,
Fergus Falls
Lakes Country Service
Cooperative, Fergus Falls
Lakes and Prairies Community
Action Council
Lakeshirts, Inc, Detroit Lakes
Lakeland Mental Health,
Fergus Falls, Detroit Lakes,
and Moorhead
M/State Campuses, Fergus
Falls, Detroit
Lakes, Moorhead and
Wadena
Mahube-Otwa Community
Council, Detroit Lakes and
Fergus Falls
Midwest Bank, Detroit Lakes
MnDOT District 4, Detroit Lakes
Moorhead Area Public Schools
North Dakota State College of
Science, Wahpeton and
Fargo
Orthopedic & Sports Physical
Therapy Inc, Breckenridge
Otter Tail County
Otter Tail Power Company,
Fergus Falls
Pelican Valley Living Center
Perham Health
Productive Alternatives,
Fergus Falls
ProResources, Detroit Lakes
Red River Human Services
Foundation, Wahpeton,
Breckenridge, Fargo
Ringdahl EMS, Fergus Falls,
Pelican Rapids
St. Francis Healthcare,
Breckenridge
Sanford Health, Human

our program and what we could do better."

-ProResources, Detroit Lakes

Click below to read how Stoneridge Software Made [Healthy Options a Worksite Reality](#)



[Click here to read about another one of our great partners, Lakeshirts!](#)

Resources and Marketing
Departments, Fargo
Sanford Health, Pelican Rapids,
Wahpeton/Breckenridge
Serenity Assisted Living,
Dilworth
Solutions Behavioral
Healthcare, Detroit
Lakes, Fergus Falls,
Moorhead
Stoneridge Software,
Barnesville
StoneL, Fergus Falls
United Community Bank,
Perham
Vector Windows, Fergus Falls
Wahpeton Public Schools
West Central Initiative,
Fergus Falls

Worksite Wellness Strategies

- **Increasing Healthy Food Options**
- **Increasing Physical activity options**
- **Decreasing Tobacco use & exposure**
- **Breastfeeding Support**
- **Stress Management**

Above photo was found on precisionnutrition.com. Accessed 20 Jan 2015. Web.
<http://www.precisionnutrition.com/sitting-standing-walking-work>

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